

Healthy Heart Checklist

A one-page cardiovascular prevention checklist

Know and control your risk factors

- Blood pressure.
- Blood glucose / diabetes status.
- Cholesterol and triglycerides.
- Weight and waist circumference.
- Tobacco use.
- Physical activity and diet.
- Family history of premature cardiovascular disease.

Protect your heart

- Move regularly and reduce long sedentary periods.
- Choose mostly minimally processed foods.
- Sleep adequately and address persistent sleep problems.
- Take prescribed preventive medicines consistently.
- Seek assessment for new exertional chest pain, breathlessness or fainting.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.